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ABSTRACT

A self-image workshop manual for American Indians aims to help Indian people set goals and excel in whatever they plan in life. A section entitled "Are You an Eagle?" tells of the significance of eagles in traditional American Indian Culture, discusses those who merit an eagle feather for accomplishment, and lists characteristics of eagles (and chickens). "It's All in Your Mind" compares development of the mind to planting a garden and lists positive and negative attitudes. "Looking at Yourself and Others" discusses the importance of first impressions. "Let's Talk About Being Indian" tells a story about Indians and change, and gives 13 thoughts about Indian power, 13 points of Indian pride, and 23 positive statements for Indians. "Goals, Who Needs Them?" discusses the need for goals, how to set personal goals, and commitment to goals. "Who Is Your Friend?" shows 12 ways to tell a good friend and lists 15 guidelines for picking good friends and 6 qualities desirable in friends. "Life is a Big Race" tells ways to finish the race and ways to get sidetracked, contrasts different kinds of Indians, and lists attributes of a super Indian and a hero. Ten million-dollar thoughts are given. (MH)

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AMERICAN INDIAN

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SELF-IMAGE WORKSHOP MANUAL

By Howard T. Rainer

PRODUCED BY

THE AMERICAN INDIAN SERVICES AND RESEARCH CENTER

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Dear Reader,

In the late 1800's a noble Indian leader said, "Our thoughts should be as high as the eagles fly." These words of Black Elk have been the theme and guide in producing this American Indian self-image workshop manual. I hope that you will find this information helpful. The ideas and exercises are designed to help you set goals and excel in whatever you plan to do in life. I am confident that as you read and incorporate the ideas and suggestions from this manual into your life, you can choose the road that will lead you to personal success and happiness. I have great expectations that you can soar like an eagle.

Your friend,

Howard Rainer

Produced by:
American Indian Services and Research Center
Division of Continuing Education
Brigham Young University
Provo, Utah
1980

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ARE YOU AN EAGLE?

The American Indian has always revered the eagle as a sacred bird. It has been a symbol of strength, courage, and vision. Many Indians today could benefit from the example of the eagle. Sitting around in apathy and boredom, they are indifferent to events outside their nests. They look fearfully at others and are afraid to break out of old patterns of behavior and fly alone. They are more like chickens than eagles.

Other Indians see the skies and mother earth as an opportunity to explore and grow. They leave the nest in search of self-development, creativity and success.

God gave the eagle wings to fly, eyes to see long distances, and claws to capture food. Men and women also have the strength and ability they need to fly high and become independent. We can go out in the world and capture our own success.

Many of us today merely flutter our wings. If we fall and hit the ground once in attempting to fly, we give up. It is only those few who are daring enough to try and try again that are seen in the skies, flying in freedom and choosing their own course. Eagles were meant to fly, not sit in a nest. Are you an eagle?

DO YOU MERIT AN EAGLE FEATHER?

Many years ago some Indian tribes awarded their warriors with an eagle feather for noble or courageous deeds. These feathers were difficult to earn and required a lot of effort. The feather was a symbol of significant achievement, and men who wore them were esteemed by other Indian men.

Today, the eagle feather does not have the same symbolic meaning. Maybe it is time to bring back this positive Indian tradition and award our Indian people with an eagle feather for their outstanding contributions to themselves, their families, and their Indian community. Maybe this feather could stand as a recognized acknowledgement that an Indian man or woman has gone the extra mile and sacrificed to become the victor over obstacles.

There are many Indians who are doing positive things for their people under great pressure and trial. Take, for example, those Indian men and women who are working hard to complete their master's and doctorate degrees. Don't you think that they deserve an eagle feather upon completion of their college work for the sacrifices they have made? Don't you think that we should bestow an eagle feather on the great Indian leaders who have paid the price to serve their people? Should we not give an eagle feather to a young Indian who graduates from his high school with honors? Maybe we could even give an eagle feather to a mother and father who have raised their children successfully and are now making significant contributions to their communities.

How about yourself? Do you merit receiving an eagle feather for what you are doing?

ARE YOU AN EAGLE?

___ *Are you a positive influence among your friends?*

___ *Are you doing your best in school?*

___ *Are you developing and sharing your talents with others?*

___ *Are you setting the best example for Indian people to follow?*

___ *Are you helping other people succeed in life?*

___ *Are you active in promoting education for our Indian youth?*

___ *Are you supportive of positive programs for youth leadership?*

___ *Are you on the honor roll of your school?*

___ *Are you doing well in athletics?*

___ *Are you making your parents proud by the things you are doing?*

___ *Are you doing your part to build your Indian community?*

___ *Are you radiating a positive spirit among your friends?*

___ *Are you making plans to go on to school?*

___ *Are you refusing to drink and take pot?*

WHEN ARE YOU SOARING LIKE AN EAGLE?

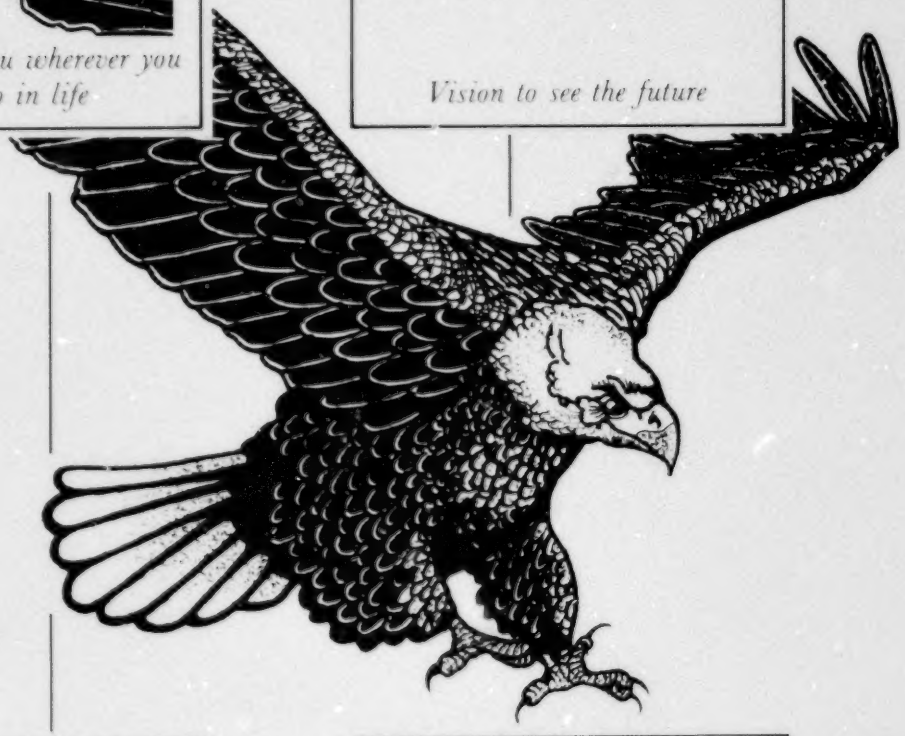
- ☐ *When you act like you are proud of yourself*
- ☐ *When you do your best in school*
- ☐ *When you make good grades*
- ☐ *When you work hard*
- ☐ *When you get up and do something to improve your life*
- ☐ *When you stop making excuses for poor performance*
- ☐ *When you succeed at overcoming a tough assignment or challenge*
- ☐ *When you volunteer when others would not dare to*

WHEN ARE YOU ACTING LIKE A CHICKEN AND JUST FLUTTERING AROUND?

- ☐ *When you say, "I am no good!"*
- ☐ *When you just make excuses*
- ☐ *When you feel sorry for yourself*
- ☐ *When your work is average and not your best*
- ☐ *When you hate yourself and others*
- ☐ *When you tear others down because you feel low inside*
- ☐ *When you tell others you won't try*
- ☐ *When you keep failing although you know you could do better*
- ☐ *When you allow people to make you believe you are inferior*

Wings to take you wherever you want to go in life

Vision to see the future



Claws for working hard

Voice of positive influence

WHAT MAKES A BEAUTIFUL EAGLE LIKE YOU?

IT'S ALL IN THE MIND

Developing our minds is like planting a garden. You have to work at it every day, and it takes time and effort. But, the harvest is what really counts.

1st: YOU MUST PLANT THE SEED. *"I am a good person" or "I am a bad person."*

2nd: YOU HAVE TO FEED YOUR SEED SO IT WILL GROW. *"Yes, I am a good person." "Yes, my teachers say I am a good person." "Yes, my peers think I am a good person." or "No, my parents think I am no good." "No, my teachers think I am not smart." "No, nobody likes or loves me."*

3rd YOU NOW ARE REAPING THE HARVEST WHICH YOU HAVE PLANTED. *"I am going somewhere in my life." "I am happy inside." "I am improving myself all of the time." "I am having successes in the things I try." or "I don't want to try." "I don't care about anything." "All I want to do is to have a good time and hurt others."*

****WHAT KINDS OF SEEDS ARE YOU PLANTING IN YOUR GARDEN CALLED THE MIND? . . . WEEDS, OR FLOWERS?***

YOUR MIND IS READY ANYTIME YOU ARE!

Look at the illustration below and try to visualize that this is you. You and only you can determine what you will put into your mind. It is what you put into it that will set your course in life. Your mind is ready anytime you are:

I don't want to be anything.
I quit!
I am no good anyway.
I'm stupid.
I don't get the help I need.
I'm never leaving this place.
I am a failure.
I just want to sit and pass my life away.

I will become something.
I will try.
I am a good person.
I am intelligent.
I can think for myself.
I am going somewhere.
I am going to succeed.
I want to soar like an eagle.
I am ready to learn.

THOUGHTS OF WISDOM

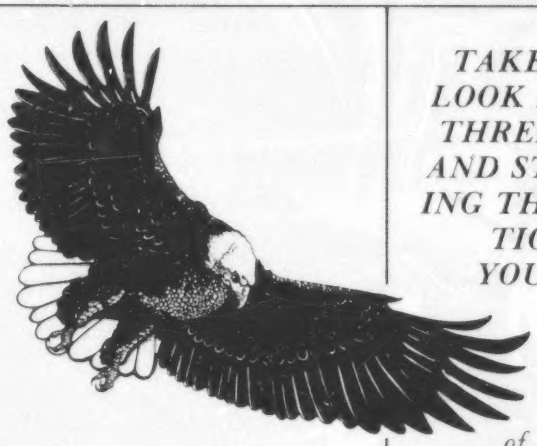
You may never get a second chance to make a good first impression!

Success is paid with sacrifice.

There is power in prayer.

It is harder to go up hill than down.

Good deeds change people.



TAKE A GOOD LOOK AT THESE THREE PEOPLE AND START ASKING THESE QUESTIONS TO YOURSELF:

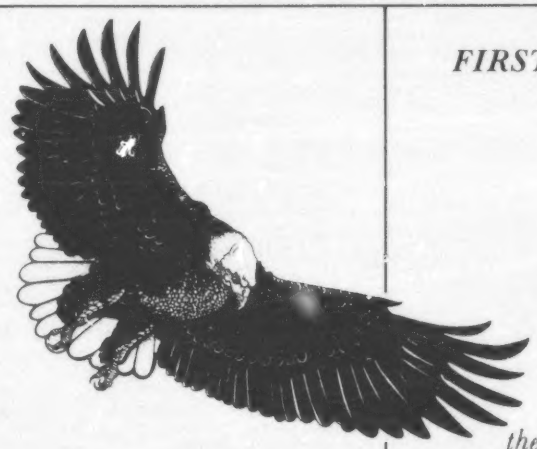
1. Which one of these people is happy or shows happiness and contentment?

2. Which is unhappy and radiates gloom?

3. Which person looks confident?

4. Which of the three people shows pride in his appearance?

****IS THE FIRST IMPRESSION THE MOST IMPORTANT?***



FIRST IMPRESSIONS COUNT

Is the first impression the most important?

Often times, we are not lucky enough to have a second chance to be judged. Unfortunately, all of us, regardless of race, are evaluated by how we dress, how we talk, and the overall impression we give to another person meeting us for the first time.

Whether it is applying for a job, attempting to get into a school, competing in a contest, talking to a manager, or communicating each day, our appearance and attitude is showing.

The first impression is important. It may be the only chance you will have to make a good impression with a person who decides if you get a job, work in a program, or go to school. Take a good look at yourself and ask five important questions: (1) What kind of impression do I want to make today? (2) Do I, by my appearance, show my best side? (3) Will I make people remember me? (4) What will they remember when I leave them? (5) Is it worth it to me to give a good impression?

When people look at us for the first time, many things run through their minds. Here are some sample critical evaluations:

Are you happy?

Do you take pride in your appearance?

Do you care enough to look the very best?

Do you look the part?

Do you give the right impression?

Do you have the handshake of confidence?

MIRROR, MIRROR ON THE WALL

Have you tried to talk to a mirror lately?

Chances are it will never speak to you, but it will allow you to talk to yourself. A mirror cannot and will not speak to you, but it does generate a two-way conversation in your mind. Here is a series of pictures of one man looking in a mirror. Try to answer in your own mind what he might be saying as he looks in the mirror:

MIRROR TALK

Here are some examples of a one-way conversation you might have with a mirror. Remember, the mirror never said a word—it all came from your own mind. You are the one who says:

—"Boy, I am ugly."

—"Why did I have to be born this way?"

—"Gee, I look dumb."

—"Gee, I look stupid in these clothes."

—"Gosh, I'm so fat."

—"Oh, I'm so skinny."

—"I hate myself."

MIRROR, MIRROR ON THE WALL, DID YOU TELL ME ALL? REMEMBER, THE MIRROR NEVER SAID A WORD.

HOW ABOUT YOURSELF??

Please fill out this self-evaluation. Try to be honest with yourself. Write your responses in the blank areas.

1. *INTERESTS: (Where do you spend your time and money?)*

2. *NEEDS: (What personal needs do you have?)*

3. *FEARS: (What do you fear the most?)*

4. *STRENGTHS: (What do you have going for you?)*

5. *WEAKNESSES: (What do you feel holds you back?)*

6. *FRUSTRATIONS: (What gets you upset?)*

7. *VALUES: (What do you value the most?)*

8. *DESIRES: (What do you want in life?)*

9. *GOALS: (What would you like to achieve?)*

10. *TALENTS: (What are you naturally good at?)*

11. *IDENTITY: (Who are you really?)*

HOW DO PEOPLE VIEW US?

When we are meeting people for the first time, it is hard to determine what is going through their minds, but here are some things that never change in making evaluations or judgements about us:

1. *What kind of words or language do you use?*
2. *How are you dressed?*
3. *How do you stand or what is your posture like?*
4. *Are you chewing and cracking gum?*
5. *Are you up on current events?*
6. *Are you informed about your particular job?*
7. *Are you a follower or leader?*
8. *Do you think for yourself?*
9. *Are you interesting to talk to?*
10. *Are you self-confident, or do you show feelings of inferiority?*
11. *What kind of a handshake do you give?*
12. *Are you at ease with people?*
13. *Do you have information or talents to offer?*
14. *Are you aggressive or inhibited?*
15. *Do you have a good attitude?*

A SHORT INDIAN STORY

There was once an old Indian fisherman who was fishing by a lake. A young Indian man came by and asked the man why he had a small frying pan to fry his fish in. The old man looked at him and said, "Young fellow, I have always used a small frying pan to cook my fish in. It takes a little longer, but the fish taste better in a smaller pan than a big one! All my life I have used a small pan and no one is going to change me. Now leave me alone and find your own fishing spot!"

Please answer the following questions:

1. *What did you get out of this story?*

2. *What is it that Indians fear most about change?*

3. *How does reservation life fit into a small frying pan?*

WHAT IS REAL INDIAN POWER??

Here are some thoughts for you to consider about real INDIAN POWER:

REAL INDIAN POWER IS WHEN. . . .

1. *An Indian obtains his master's and doctorate degrees and becomes a professional with usable skills.*
2. *An Indian starts operating his or her own business and making a profit.*
3. *An Indian is operating highly technical equipment.*
4. *An Indian is making good grades in school.*
5. *Indian parents are rearing a happy family.*
6. *An Indian is teaching others to develop their talents and lead successful lives.*
7. *An Indian is writing for newspapers and magazines.*
8. *An Indian is developing solar energy on his reservation.*
9. *An Indian is asking intelligent questions after he has done research on a legal question.*
10. *An Indian is running for a political office in a state.*
11. *An Indian is active in civic and community affairs.*
12. *An Indian is operating a banking institution.*
13. *An Indian is planning for the future.*

INDIAN PRIDE

IF YOU ARE PROUD TO BE INDIAN, THEN. . .

1. *Set a good example for others to follow.*
2. *Don't get hooked on drugs and alcohol.*
3. *Dare to fulfill your dream or goal.*
4. *Don't make fun of other Indians who are trying to succeed.*
5. *Finish high school and make a commitment to get more education.*
6. *Don't make others do things that are wrong.*
7. *Don't knock yourself down and look at yourself as a failure.*
8. *Do your best in school and don't make excuses for poor performances.*
9. *Act like you are proud to be an Indian by sitting in the front of the room*
10. *Speak out and ask questions when you do not understand.*
11. *Take the lead and lead out.*
12. *Dare to be different.*
13. *Get the necessary education and skills to help build a brighter future for Indian people.*

NEW WORDS FOR INDIANS

If Indian people are going to rise up and really become a powerful people, they are going to have to start using these kinds of statements:

—"I can do it."

—"I will try."

—"I will not give up."

—"I will not stop because I have failed once."

—"I am somebody."

—"I am proud of my family name."

—"I am going somewhere."

—"I want to become a professional."

—"I can develop my talents."

—"I appreciate you."

—"Congratulations."

—"I hope you have success."

—"I want the best for you."

—"I believe in you."

—"I think you are great."

—"That is a tremendous talent."

—"You are a fine example."

—"You are my hero."

—"I love you."

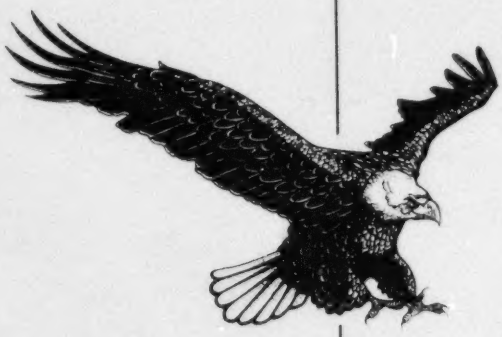
—"I know you can do it."

—"I am glad that you tried."

—"You have a great mind."

—"You have my respect and admiration."

WHY DOES ANYONE AND EVERYONE NEED A GOAL?



—We need direction.

—We need to develop our talents.

—We need a "road map."

—We need a challenge.

—We need to improve ourselves.

—We need positive change.

—We need a plan of action to meet a specific need.

—We need to improve our self-esteem.

ARE YOU READY TO MAKE A GOAL?

All of us are in some way wanting, desiring, and yearning to do something in life. Goals merely set you on the road to action and not just thinking about what you want.

Here is how a goal works:

When I finish high school, I want to go to college (This is your goal). You have made up your mind that you are going to college when you finish high school. Now what?

Ask yourself these questions first:

—What am I doing now that will help me reach this goal in the near future?

—How will I finance my goal?

—What sacrifices can I make now that will ensure that I will reach my goal?

—I have to start now to see myself at the college of my choice, sitting in a classroom, etc.

—I have to meet the short range goals of learning how to read faster, spell more accurately, and write better to help myself fulfill my goal.

—I have to associate with people who have the same goals as I do to get myself motivated.

MAKING YOUR PERSONAL GOAL COME TRUE

Please choose a realistic goal for yourself. Formulate a battle plan that will help you stay on course to reach this goal. No goal was ever reached by just wishing and thinking about it. You have to put forth your total effort and be willing to make the necessary sacrifices to reach your goal. Do you have a goal? Then start now to work towards it.

My goal is _____

_____

_____

What my goal will require:

Money: How much?

Time: How much?

Personal improvement:
reading
spelling
math
work habits
communication skills
concentration and discipline
personal improvement— physical, mental, spiritual
change of attitude

What kind of discipline will it require?
long hours
physical strength
mental strength
sacrifice of free time
willingness to put your all into it

Time frame: How long will it take me?
hours
days
weeks
months
years

Sacrifices required by me: What are they?
time
money
friends
hard work
loneliness
setbacks

MAKING A COMMITMENT

Do you want to make a commitment?

Before you choose one of the commitments below, answer these four questions:

1. *Do I want to change something in my life?*
   _____ *yes* _____ *no*
2. *Will the commitment I choose make me happier?*
   _____ *yes* _____ *no*
3. *Can I make the necessary sacrifice or sacrifices to fulfill my commitment?*
   _____ *yes* _____ *no*
4. *Will I start immediately to fulfill my commitment?*
   _____ *yes* _____ *no*

—I want to lose five pounds or more within two months.

—I want to start exercising my body (running, walking, playing a sport, etc.).

—I want to learn 100 new words to help me write and speak better.

—I want to learn something new to improve my job skills.

—I want to finish my high school work.

—I want to improve my reading skills by reading one hour a day (books, magazines, newspapers, etc.)

—I want to start changing my attitude about life and myself.

—I want to stop drinking, by not taking a drink today or this weekend.

—I want to stop smoking by not lighting up a cigarette today.

—I want to develop specific talents I have.

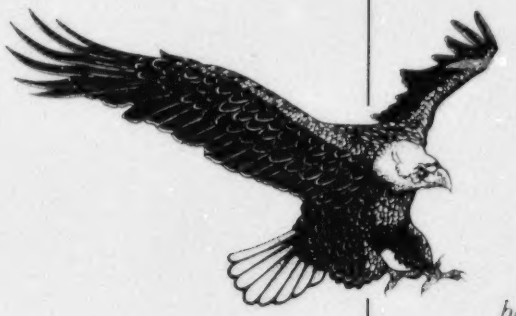
—I want to overcome my shyness about meeting new people.

—I will do my own homework and honestly prepare for the next exam.

—I will wear a smile and show people I have confidence and that I am happy and personable.

—I will improve my working habits.

MY PROMISE



I _____,
(name)

being of sound mind
on this date _____,
(date)

promise myself that I will do my best, set a good example, and believe in my friends and others. I promise I will not make fun of people, hurt them with jealousy and resentment, or cause others to fail.

_____ _____
(name)

WHO IS YOUR FRIEND, ANYWAY?

Please check the sentences that describe a real friend to you:

—A real friend would encourage or make you want to take drugs and drink.

—A real friend would want you to come along and get into trouble.

—A real friend would say, "Hey, drop out of school and be like the rest of us."

—A real friend would want to help you reach your highest potential and not be jealous when you succeed.

—A real friend would give you positive instead of negative advice.

—A real friend would not help you make excuses for poor grades in school.

—A real friend would encourage you and help you try out for new things.

—A real friend would make fun of you in front of others.

—A real friend would talk about setting goals in your life.

—A real friend would encourage you to have sex with anybody.

—A real friend would tell you that you are an important person and that you have many talents.

—A real friend would tell you that he or she expects great things of you.

YOUR FRIEND OR FRIENDS DETERMINE HOW FAR YOU WILL GO IN LIFE. . . THINK ABOUT IT.

YOUR FRIEND OR FRIENDS PULL YOU UP OR DOWN ALL THE TIME.

HOW MUCH IS A FRIEND WORTH?

Good friends are hard to come by. To find good friends requires that you be selective, that you determine in your mind what kind of influences they will have on you. If you want to get ahead, you must surround yourself with friends who are going in the same direction you want to go. If you are planning to go nowhere in life, there are plenty of people who would love to have you join them. Here is how to pick friends:

1. *What kinds of attitudes do they have?*
2. *What kinds of commitments and goals do they have?*
3. *Are they negative and contentious?*
4. *Will you feel happy because you are around them, or will you feel sad after being with them?*
5. *Where do they want you to spend your free time with them?*
6. *What do you talk about when you are together?*
7. *Do they have goals in life?*
8. *Are they always asking for something from you and never returning?*
9. *Do you trust them—are they honest?*
10. *How are they viewed in the community, as winners or losers?*
11. *How are they doing in school?*
12. *Are they active in school activities?*
13. *Do they encourage you to try?*
14. *Do they spiritually uplift you?*
15. *Will your friend or friends help you to fulfill your ambitions and develop your talents to the fullest?*

THE POWER OF A FRIEND

Every person is influenced by somebody else. Our friends have a major influence on how we feel about ourselves, our attitudes, our ambitions, and which direction we are headed. Friends help us to shape our vocabulary and way of thinking and to determine which activites we engage in. Every one of us has the potential to be a positive or negative influence on our friends. You and I can destroy or build people by the way we treat them, by the way we talk to them, and by the way we influence them. Here are six qualities you may want to have in a friend:

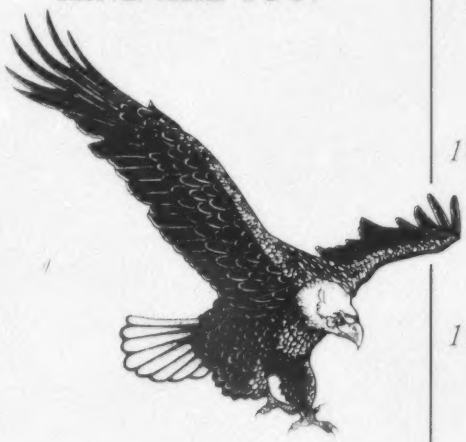
1. *A friend who is dependable and can be counted on for encouragement and helpful advice.*
2. *A friend who is a good listener and help you to avoid indulging in drugs, alcohol, or sex.*
3. *A friend who has moral and spiritual values and can be trusted.*
4. *A friend who wants to be successful in life and is working toward goals*
5. *A friend who wants you to have a successful home, marriage, and job.*
6. *A friend who wants you to be yourself; you don't have to "put on a show" because he or she loves you for what you are, and more importantly, can see your potential and abilities and wants to help you use them.*

RUNNING AND FINISHING THE RACE

THOUGHTS FOR YOU TO CONSIDER:

1. *Many of us start out running hard, but get off the race track on the first lap because:*
   - *a. We were not prepared to run the race.*
   - *b. We listened to the crowd boo and make fun of us.*
   - *c. We did not tell our mind that we could make it.*
   - *d. We gave up and so our body refused to go further.*
   - *e. We started doubting our potential and capabilities.*
   - *f. We thought other runners were better than us.*
   - *g. We saw failure ahead instead of the finish line.*
   - *h. We convinced ourselves that this race was lost!*
2. *For those of you who want to finish the race, here is how to do it:*
   - *a. Tell yourself you will reach the finish line.*
   - *b. Tell yourself you will not quit.*
   - *c. Tell others that make fun of you to get out of the way.*
   - *d. Tell yourself to get in shape and start preparing yourself.*
   - *e. Tell yourself over and over again that you will make it.*
   - *f. Look ahead, not at the ground and all its obstacles.*
   - *g. Tell your mind you can be a runner and a winner!*

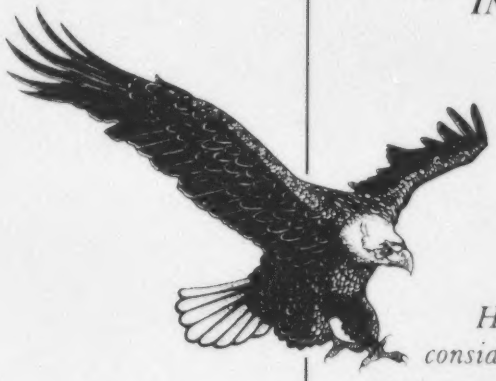
THERE ARE ALL KINDS OF INDIANS—WHICH KIND ARE YOU?



1. *There are Indians who are very hard working and are economically independent.*
2. *There are Indians who rely on federal and tribal money for their existence. They are dependent all of their lives.*
3. *There are Indians who sit and wait for something to happen. They never generate any change.*
4. *There are Indians who dare to make changes to help prepare their communities for a better tomorrow.*
5. *There are some Indians who do not believe in education and, therefore, do not encourage or support it.*
6. *There are Indians who value education as a useful tool for survival and progression.*
7. *There are Indians who are very articulate and present the Indian's point of view to the media and the general public.*
8. *There are Indians who are silent and never question.*
9. *There are Indians who believe that the home is the most important institution in the Indian community.*
10. *There are Indians who do not value the family, a marriage, or children as an important part of an Indian community.*
11. *There are Indians who serve and sacrifice their time and efforts for the Indian community.*
12. *There are Indians who merely take and never give back to the community.*
13. *There are Indians who are very religious and have moral character.*
14. *There are Indians who are weak and cannot control themselves.*
15. *There are Indians who have vision and who see many great things in the future for Indians.*
16. *There are Indians who have given up, have no hope, and live in apathy.*
17. *There are Indians who have the courage to start and operate their own business and refuse to submit to jealousy and backbiting.*
18. *There are Indians who are afraid to try because they are afraid of what other Indians might say about them.*
19. *There are Indians who are succeeding in their individual efforts.*
20. *There are Indians who rely on others to do something for them.*
21. *There are professional Indians.*
22. *There are unskilled and unemployed Indians with no employment prospects for the future.*
23. *There are Indians who dare not to drink and take a stand against drinking.*
24. *There are Indians who encourage drinking even though it means destruction of the home, family, and individual.*
25. *There are Indians who are highly intelligent and very creative.*
26. *There are Indians who refuse to let their minds develop or use their talents to the fullest.*
27. *There are Indians who see the future with hope and anticipation.*
28. *There are Indians who view the future with suspicion, apprehension, and fear.*
29. *There are Indians who are utilizing their time and abilities to the fullest.*
30. *There are Indians who are destroying their lives with drugs and alcohol and are making excuses for poor performance.*

WHICH KIND OF INDIAN ARE YOU?

WHAT IS A SUPER INDIAN?



Have you ever considered what Indian man or woman you would like to shape your life after? That is a hard question because there are many outstanding Indian men and women who are having successful experiences in life and are a positive influence in America today. To be a super Indian requires several attributes:

1. *A super Indian is one who is committed to hard work. Work is essential to get ahead in life. Nothing comes without hard work.*
2. *A super Indian has integrity. He can be trusted. He is honest in his business and other dealings.*
3. *A super Indian is in control of himself and can manage himself because he does not need drugs and alcohol to keep motivated.*
4. *A super Indian is kind to people. He does not need to tear down or destroy the image of another Indian in order to make himself look good.*
5. *A super Indian has not succumbed to failure, but has used his trials and failures to become stronger.*
6. *A super Indian is not a quitter. He gets up and tries again and again and again.*
7. *A super Indian generates a positive mental attitude.*
8. *A super Indian is trying to create a good home environment.*
9. *A super Indian is a positive role model to his wife and children.*
10. *A super Indian is one who is not waiting for a handout, but is looking to lend a helping hand.*

ARE YOU DESTINED TO BECOME A SUPER INDIAN?

A HERO IS BORN

A hero is not born in a day, but there are many ways to be a hero. Here are a few:

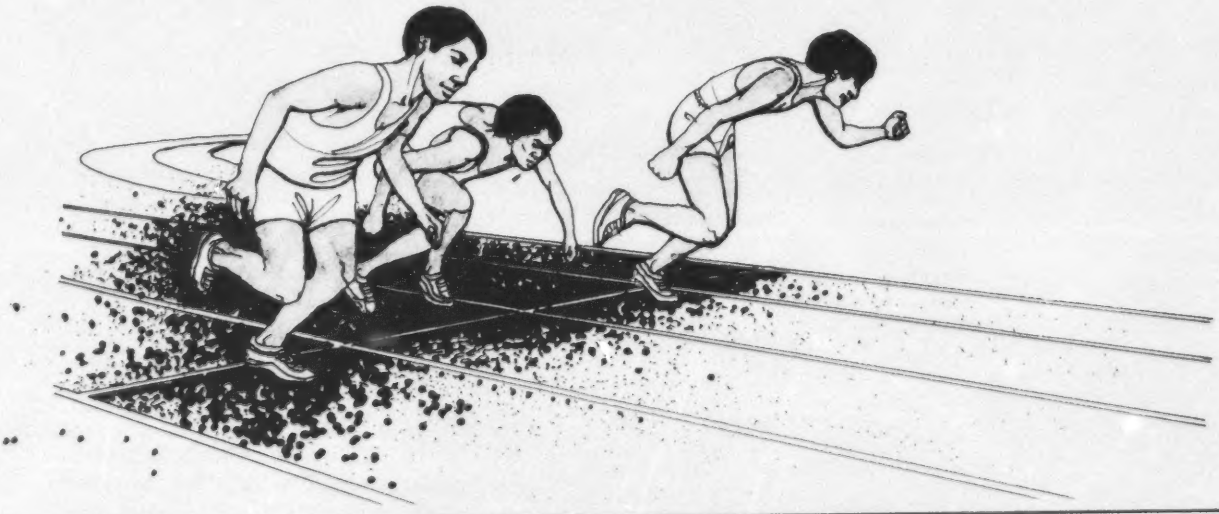
1. *When you show love to a child, you become his hero.*
2. *When you treat your spouse with kindness and affection, you are his or her hero.*
3. *When you stand up for a principle or for something right, you become a hero to those who are weak.*
4. *When you refuse to succumb to peer pressure, you become a hero to the weak.*
5. *When you step forward amidst adversity and trial, you become a hero to the downtrodden.*
6. *When you speak kind words and do good deeds for the lonely, you become a lasting hero.*
7. *When you share your time and abilities without asking for pay, you become a hero.*
8. *When you have developed your talents because of serious and hard work, you become a hero to those who want to do the same.*
9. *If you have a handicap and have still achieved success, you are a hero.*
10. *When you are not afraid to speak up in a crowd or a group of people, you become a hero to the silent.*

THE RACE OF LIFE

We are all running a race with others—some by going to school, others at a job, a few in leadership positions. We are running, and only those who see the finish line win!

Some of us leave the running lane and fall down because we hear the voices of skeptics saying, "You can't do it! You're trying to act better than us! You won't finish; you will give up!"

For the few who dare to be different and make the sacrifice to reach the finish line, there is joy in winning. We can all be winners and finish the race. There is always another race to run. Are you ready to start running?



I AM READY TO START RUNNING

Here are some suggestions to help you, the runner, finish the race of life successfully:

1. *I will make a list today of all the things that I have going for me—talents, natural abilities, good health, a good mind, supportive friends.*
2. *I will start now on realistic long and short range goals that I know I can accomplish.*
3. *I will utilize my time wisely so that I take time for work, creativity, thinking, planning, and social activities.*
4. *I will make time for spiritual nourishment by attending my church, listening to religious music, talking to a pastor or minister, reading the Bible, and associating with other religious people.*
5. *I will spend time reading all kinds of books and magazines that will keep me well informed on currrent Indian and non-Indian events and what is happening in the world around me.*
6. *I will increase my communication in order to spell, write, and speak more effectively.*
7. *I will engage in physical activities in order to avoid sickness and mental fatigue.*
8. *I will learn to control my temper, attitudes, and opinions of people by giving them a chance before I judge them.*
9. *I will not use the opposite sex for my personal gratification.*
10. *I will learn how to save and be thrifty with the money that I have in order not to be in constant debt and looking for a financial bail out.*
11. *I will do my best in school in order to establish a good academic record.*
12. *I will act and look the part of a winner.*
13. *I will look people in the eye and shake their hands firmly to show that I have confidence in myself.*
14. *I will tell people of my dreams and aspirations and let them know that I am determined to reach my goals.*
15. *I will not just talk, but I will put my words into action.*

MILLION DOLLAR THOUGHTS FOR YOU

Sometimes a thought is worth a million dollars. When we think, we act; and when we act, we perform. These thoughts are to help you become what you are meant to be:

1. *Sometimes failure helps you appreciate the joys of success.*
2. *"If thou art prepared, thou shalt not fear."*
3. *Eagles don't act like chickens.*
4. *No one can stop you from being happy unless you let them.*
5. *To try something hard and fail is still far better than to be the same all your life.*
6. *People who pray have power.*
7. *Your mind tells your body what to do.*
8. *Great Indian leaders come from good homes.*
9. *Don't sit on your nest all your life and expect to be fed.*
10. *Apathy is a terrible disease.*

Watch your thoughts, they become words; watch your words, they become actions; watch your actions, they become character; watch your character, for it becomes your destiny.